

2024 CSAA Girl's Flag Football Rule Changes/Updates

- The offense may not block any further than 3 yards downfield. This distance was determined to be sufficient to allow the offense an opportunity to establish the running game. Any blocking beyond the 3 yards past the line of scrimmage will result in a violation and a penalty will be enforced.
- The offense can keep as many blockers in the backfield as they would like, however, only one offensive player can block the blitz. Once that player blocks the blitz, no other offensive player can block the blitz. Further, the first offensive player that blocks the blitz, may only make contact once and then release. The offensive blocker may not continue to block the blitz multiple times during the play. Multiple blocks or more than one blocker making contact with the blitz during a play will result in a violation and a penalty will be enforced.
- The tackle box has been established as 6 yards (3 yards on each side of the center). This is a change in distance from prior seasons.
- Beginning this season, running plays may no longer take place between the tackle box until the ball carrier passes the line of scrimmage. Once past the line of scrimmage, the entire field is now open to the ball carrier. Plays in which the ball travels outside the tackle box on either side of the field, must remain outside the tackle box if it remains on the same side or must travel past the tackle box on the opposite side of the field in order to advance the ball past the line of scrimmage. Any running plays in which the ball is carried past the line of scrimmage and between the tackle box will result in a violation and a penalty will be enforced.
- When a play occurs in which two players have control of the ball at the same time while running together (mesh play), the defense may not cross the line of scrimmage until a clear transfer from the initial ball carrier to the other player takes place. Once that happens the defense may come across the line of scrimmage. The blitz is the only player that may still come across the line of scrimmage. If both offensive players are in possession of the ball at the time the blitz reaches both players, a flag pulled from either player will constitute a tackle and the play is dead. The officials will use best discretion to determine if the transfer took place but in most cases there must be a clear 1-2 yard distance between the two offensive players involved before the flag is pulled.
- For purposes of determining which player is the quarterback for muffed snaps, the rule clearly states that the quarterback is the only player that can pick up the muffed snap. If three players are in the backfield, the quarterback will be considered the one in the middle, even if the play is a trick play that is designed to be snapped to one of the players to the right or left of the player in the middle. Thus, a snap that is muffed to a player on either side of the player in the middle, must be picked up by the player in the middle (who will be considered the quarterback). For similar plays in which there are two players in the backfield, the quarterback will be considered the player that takes the majority of the snaps throughout the game and must be the player that picks up the muffed snap.
- Exception to the previous rule; in a jet sweep play in which a receiver runs across the backfield and takes the direct snap from the center, a muffed snap to the intended receiver must be picked up by that receiver.